



Serves: 4

# Open-Faced Miso Fish Sandwich

## Ingredients

- Fish fillet, sliced 1cm thick 200g
- White miso 8 tsp
- Mirin ¼ cup
- Lettuce, sliced thinly 100g
- Wholegrain Bread 4 slices

### Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavour enhancers.
- Plant-based foods such as whole-grains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.

## Method

- Rinse and pat-dry fish fillets with kitchen towels.
- For marinade, mix white miso and mirin.
- Marinate fish fillets with miso marinade. Wrap in cling wrap and leave in fridge for at least an hour.
- Grill fish fillets until cooked.
- Place chopped lettuce on bread, then top with fish fillet.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 176kcal  
Protein 10.9g  
Total fat (g and % of total calories)  
2.9g (15.2%)  
Saturated fat 0.2g  
Cholesterol 16mg  
Carbohydrate 25.9g  
Dietary Fibre 2.1g  
Sodium 466mg